

Harvest Years



1977

2023

Senior Center

30 SOUTH STREET, CAMDEN, DE 19934

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HOURS

Monday - 8 AM - 3 PM
 Tuesday - 8 AM - 3 PM
 Wednesday - 8 AM - 3 PM
 Thursday - 8 AM - 3 PM
 Friday - 8 AM - 3 PM
 Closed Saturday & Sunday

Harvest Years Senior Center, Inc. Board of Directors 2023

Jack Walters.....President
 Judie Burke.....Vice President
 Barbara Morton.....Treasurer
 Judy Lomax.....Secretary
 Tom Bones.....Executive Director

Board Members: Sandi Billings, Gary Kutsch

Harvest Years Senior Center Members
are Welcome to Attend

Next Meeting: October 26th @ 2 PM

Harvest Years Monthly



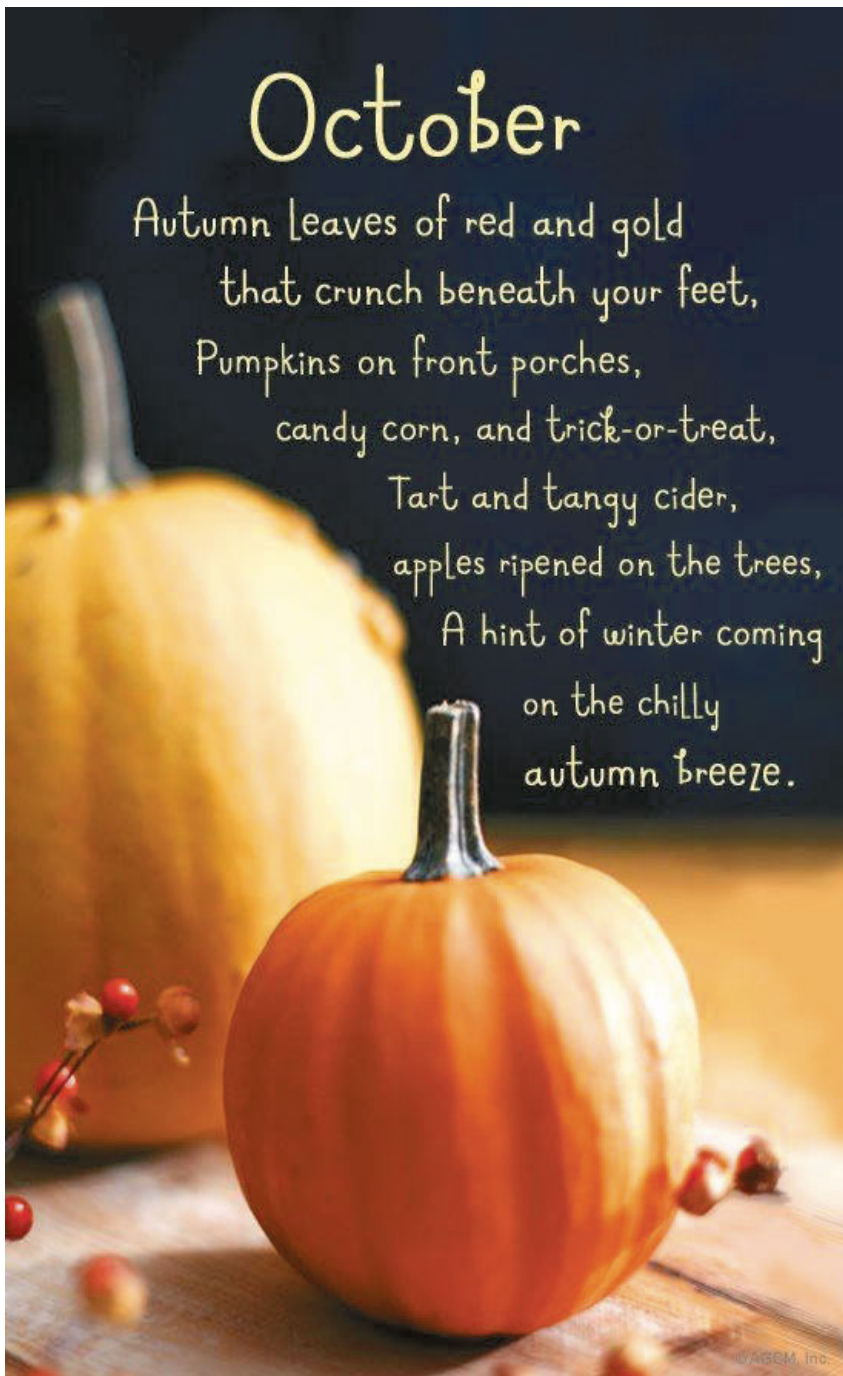
OCTOBER 2023
VOLUME 21 - ISSUE 10

302 698-4285 - Website: <http://harvestyears.org>

1977 - Celebrating 46 Years - 2023

October

Autumn leaves of red and gold
 that crunch beneath your feet,
 Pumpkins on front porches,
 candy corn, and trick-or-treat,
 Tart and tangy cider,
 apples ripened on the trees,
 A hint of winter coming
 on the chilly
 autumn breeze.



Happy Birthdays

- | | | |
|---------------------|--------------------------|------------------------|
| 1 Debbie Anderson | 9 Leanna Bilow | 18 Gay Walker |
| 1 Patricia Reynolds | 9 Marie Melson | 19 Julia Lemon |
| 1 Carol Walters | 9 Joyce Robinson | 20 Franklin Rementer |
| 2 Linda Essenmacher | 9 Helen Sprackland | 20 Catherine Valeika |
| 2 Marjory Sears | 10 Rebecca (Becky) Eason | 23 Janice Agan |
| 2 G. Faith Short | 10 Patricia Pfeiffer | 23 Margarita Catanese |
| 3 Alvin Barnes | 11 Betty Harvath | 24 Jan Miller |
| 3 Doris Moore | 11 Rose McQueeney | 24 Cecelia Zeno |
| 3 Joan Pochvatelli | 11 Aleta Ridgway | 25 Mary Carter |
| 5 Barbara Burns | 12 Ronald Reb | 25 James O'Brien |
| 5 Barbara Liimatta | 12 Elizabeth Van Vessen | 26 Clarence (Pat) Dyer |
| 6 Maria Bollinger | 13 Nettie Paisley | 27 Carlton Carey |
| 6 Elaine Crowell | 14 George Nemith | 27 Linda Hendricks |
| 6 Joan Mokoski | 16 Patrick Abel | 28 George McEwen |
| 6 Sharon Noone | 16 Jaye Brown | 29 Jerry Emerson |
| 7 Sara Miller | 17 Rose Robinson | 29 Paula Sharp |
| 8 Awilda Cruz | 18 Leroy Brown | 30 Carol Evans |
| 8 Patricia Gallegos | 18 Glenn Wagner | 30 Joanna Jones |

*****PLEASE BE SURE TO CALL ** (302) 698-4285*****

*****PLEASE CALL TO ORDER YOUR BIRTHDAY LUNCH***** to be delivered to your home on the third Thursday of **OCTOBER** Order by 10 AM and your lunch will be delivered between 11:30 AM - 1:30 PM. **Free Birthday lunches are for Eat-In ONLY.** If you do not see your name on the Birthday list of names for **OCTOBER** it may be because you are not current with your annual dues and are not eligible for a free birthday lunch. If you think we have made an error do not hesitate to call the front desk.....

HAPPY BIRTHDAY and Thank You...

LUNCHES WILL CONTINUE TO BE DELIVERED DAILY MONDAY THRU FRIDAY 11:30 AM - 1:30 PM.

Call in your Lunch Delivery Order or In-House Reservations by 10 AM.

LUNCH Pick/Up Time: 11:45 AM. Dine-In Lunch at the Center is OPEN at 12 NOON.

Thank You, the Management



We again send our thanks to our members who give us their Redner's receipts each month that support our fundraising campaign in association with

**REDNER'S.
\$90.09**

A special Thank You

goes out to all our members who participated in our Golden Dinner Club at the **Texas Roadhouse** on August 16th.

Our profit for the evening was **\$154.69**

A great turn out!



From Your
Executive Director
Tom Bones

Fall has arrived! Warm, sunny days, and chilly, cozy nights mean that it must be October. It is a new month and a new season and there are many new things going on here at The Harvest Years Senior Center! Please come in and celebrate Autumn, 2023 with us.

Staying well and healthy is always a top priority for all of our members. Flu shots will be offered on Wednesday, October 4th here at the center. In addition, the pneumonia shot and the booster shot for Covid-19 will also be available. All of those interested in this service must sign up and schedule an appointment at our reception desk. You may stop in or simply call the center. Slots are available from 9 AM to 12 Noon on Wednesday, October 4th.

A cup of soup sounds delicious as we welcome in the season. Perhaps a quart would do the trick for a weekday or weekend dinner? Our **Soup-to-Go** program is back! For the upcoming Fall and Winter months, beginning Tuesday, October 10th, you may call in an order to enjoy here in-house, or to take home. We will kick off our Soup-to-Go with traditional Chicken Noodle Soup available on Tuesday, October 10th.

Looking ahead, please mark your calendars for our next important and delicious fundraiser; our **Spaghetti Dinner on Friday, November 3rd**. Look for the flyer and make your reservations to dine in or pick up between 3 PM and 6 PM that evening.

We finally installed our soda machine! We can now offer cold drinks during our regular operating hours all week. Stop in and check it out! A special Thank You to Barbara Morton for picking the sodas up to fill it up.

The Harvest Years **Annual Giving Campaign** is getting ready to roll out for 2023. As always it will run from October through the Holiday Season. We will again be reaching out to all of our center's members, your closest friends and families, the Camden/Wyoming community both residents and businesses, and our nearby neighbors. Many, many thanks to those of you who have already offered to help behind the scenes for this year. This is a huge but very vital campaign for us. Many hands lessen the load. Please let me know if you are willing to help too.

Lastly, thanks again to all of our members and board members who attended and helped make our **Annual Fall Outdoor Picnic** such a success. We all had a really nice time. It was a great day with great people. Thanks so much to all of you that helped prepare and those that cleaned up. We can't wait for next year!

Special shout-out to **DO-WOP DJ, Tim Sullivan** for providing the musical entertainment during our Picnic.

Notes From Your
Activities Director
Diane Amoroso



Join Us For Our
Annual
Halloween Party
Tuesday, October 31, 2023

Dress up in your favorite
Halloween Costume,
Win Prizes,
Enjoy a Fa-Boo-Lous Lunch
And
Let's Have
Lots of Spooky Fun!!!





2024 TRIPS

THE DUTCH APPLE THEATRE PRESENTS



THURSDAY, MARCH 28th – **“THE ADDAMS FAMIY”** - A **must see comical feast** that embraces the wackiness in every family. Join us for this **hilarious musical comedy show**. **ALL INCLUSIVE PRICE; \$125.00 PP**

THURSDAY, AUGUST 29th – **“JERSEY BOYS”** - This documentary style play portray the journey of the popular 1960’s boy band The Four Seasons. The show ran on Broadway for about 12 years bagging a Tony, Oliver, and Grammy Award before making a splash in the West End. **ALL INCLUSIV PRICE; \$125.00 PP.**

THURSDAY, OCTOBER 17th – **“HAIRSPRAY”** - Tracy lived in Baltimore in 1962. Her big dream is to become famous in show business. Follow her dream to stardom in this poignant story of success. **ALL INCLUSIVE PRICE: \$125.00 PP**

A \$50.00 DEPOSIT IS REQUIRED UPON SIGN-UP

Call Diane for further information. 302 698-4285



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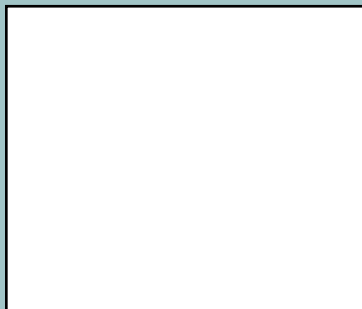
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October Is Breast Cancer Awareness Month



Breast Cancer Awareness Month (BCAM), also referred to in the United States as **National Breast Cancer Awareness Month (NBCAM)**, is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

Observances of the event have faced criticism for corporate involvement by drug companies, as well as instances of pinkwashing associated with the events.

History:

White House illuminated pink in honor of
National Breast Cancer Awareness Month in 2017



NBCAM was founded in 1985 in partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.

In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded the Breast Cancer Research Foundation and established the pink ribbon as its symbol, though this was not the first time the ribbon was used to symbolize breast cancer: A 68-year-old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation handed out pink ribbons to participants in its New York City race for breast cancer survivors.

In 2010, Delta Air Lines painted N845MH, a Boeing 767-432ER in "Breast Cancer Research Foundation" special colors. In September 2015, a newer version of the livery was repainted on the same plane.

- OCTOBER 2023 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
2. Cobb Salad Turkey, Onion, Bacon, Blue Cheese Cinnamon Struesel Muffin	3. Pork Chop w/Sauerkraut Mashed Potatoes Roll Mandarin Orange	4. Spaghetti w/Meatballs Tossed Salad Italian Bread Fruit	5. Roasted Chicken Roasted Potatoes Green Beans Roll Cake	6. Tuna Fish on a Bun Lettuce/Tomato Pickles/Chips Assorted Desserts
9. CLOSED 	10. Chicken Cordon Bleu Potato Au Gratin Lima Beans Cake	11. OCTOBERFEST Open Faced Turkey Sandwich Mashed Potatoes Gravy Brussel Sprouts Apple Cobbler	12. Baked Ham Scalloped Potatoes Broccoli Jell-O w/Fruit	13. Taco's Soft-Shell Fix'ins Corn Chips Assorted Desserts
16. Chicken & Dumplings Peas Roll Vanilla Pudding	17. Braised Beef Over Noodles Buttered Carrots Blueberry Muffin	18. Baked Salmon Rice Pilaf Vegetable Blend Tartar Sauce Peaches	19. Happy Birthday  Baked Meatloaf Mashed Potatoes Gravy/Succotash Cup Cake /Ice Cream In-House Only	20. Grilled Chicken Salad Lettuce/Tomato, & Cucumbers Sweet Roll Assorted Desserts
23. Ham Sub Lettuce/Tomato Pickles/Chips Chocolate Chip Cookie	24. Chicken Parmigiana w/Pasta 4-Bean Salad Blueberry Cobbler	25. Roasted Pork Loin Stuffing/Gravy Cauliflower Brownie	26. Breaded Fish Macaroni & Cheese Stewed Tomatoes Pineapple	27. Tom's 3 Bean Chili Rice Cornbread House Salad Assorted Desserts
30. Baked Tilapia Brown Rice Broccoli Cranberry Orange Muffin	31. Happy Halloween Scarry Meatballs Over Noodles Finger Carrots Roll Rice Pudding			


FYI: Please be advised that food prepared at Harvest Years Senior Center may contain the following ingredients: Milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish and seafood base. **Harvest Years is OPEN for lunch from 12 NOON - 302 698-4285**



IMPORTANT INFORMATION FOR YOU!

Anyone taking a trip with Harvest Years Senior Center must carry a photo **ID** and your **COVID-19 CARD**. Many of our trips will require security screenings. If you do not bring your **ID** you will not be permitted on the trip.

- OCTOBER 2023 ACTIVITIES -

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:30 AM - L.I.F.E. Aerobics Class	3. 9:30 AM - Crafts 12:30 PM - Domino's	4. 9:15 AM - 10:15 AM Land Aerobics 9 AM - Ceramics 12:30 PM - Hand & Foot	5. 9:30 AM - L.I.F.E. Aerobics Class 12:30 PM Rummikub	6. 9:30 AM Phase 10
9. 9:30 AM - L.I.F.E. Aerobics Class	10. 9:30 AM - Crafts 12:30 PM - Domino's	11. 9:15 AM - 10:15 AM Land Aerobics 9 AM - Ceramics 12:30 PM - Hand & Foot	12. 9:30 AM - L.I.F.E. Aerobics Class 12:30 PM Rummikub	13. 9:30 AM Phase 10 11 AM Canasta Meeting 12:30 PM BINGO
16. 9:30 AM - L.I.F.E. Aerobics Class	17. 9:30 AM - Crafts 12:30 PM - Domino's	18. 9:15 AM - 10:15 AM Land Aerobics 9 AM - Ceramics 12:30 PM - Hand & Foot	19. 9:30 AM - L.I.F.E. Aerobics Class 12:30 PM Rummikub	20. 9:30 AM Phase 10
23. 9:30 AM - L.I.F.E. Aerobics Class	24. 9:30 AM - Crafts 12:30 PM - Domino's	25. 9:15 AM - 10:15 AM Land Aerobics 9 AM - Ceramics 12:30 PM - Hand & Foot	26 9:30 AM - L.I.F.E. Aerobics Class 9 AM - CRAFTS With Denise 12;30 PM Rummikub	27. 9:30 AM Phase 10 1:00 PM TRIP MEETING
9:30 AM - L.I.F.E. Aerobics Class	31. 9:30 AM - Crafts 12:30 PM - Domino's			

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CENTER



'HAIRCUTS by PAT'

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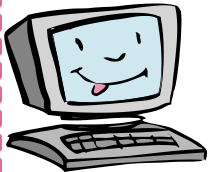
Pat Reynolds, R.C.

PROFESSIONAL HAIR STYLIST

Hours: Wednesday, & Thursday

9 A.M. TO 3 P.M.

PLEASE CALL FOR AN APPOINTMENT



Don't know what to do now that you've turned on your computer or smart phone?

Let Terry help you! Terry Anderson, a retired Air Force Pilot and retired from the Department of Education, has volunteered his time and expertise to teach a one on one computer class.

Terry has now offered to also teach a one on one class on how to use your *Smart Phone*. If you know the basics but would like to know more, please give your name and telephone number to Diane and she will set up an appointment with the **"Computer Guy"**!

Call: 302 698-4285

If you need help in signing up for our new *Virtual Audio Program* highway61.com and our *i-Pod Lending Program*.

Please call the center and ask for Tom!

Health Care Transport Program



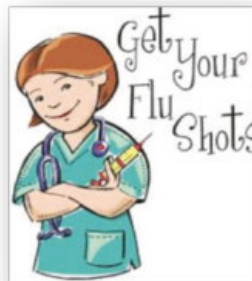
If you are in need of our **"Medical Appointment Service"**, please call our front desk at **698-4285** to schedule your **'Pick-Up Time'**. Pick-Up times should be made 1--2 weeks in advance, no later than 48 hours in advance. We will pick you up 1/2 hour prior to your scheduled appointment. There will be a **\$3.00 'Trip Donation'** payable by cash or check. We will not go into Sussex County or New Castle County due to cost. Please call Harvest Years Senior Center for more information and scheduling.

All cancellations must be called in 48 hours in advance.

FYI: Due to liability issues, we will require you to have a caregiver travel with you if you are using a wheelchair or have cognitive difficulties.

REMINDER: MEDICAL APPOINTMENT PHONE CALLS WILL BE ANSWERED DAILY BETWEEN 12:30 PM to 2 PM ONLY!

THANK YOU - THE MANAGEMENT



Flu Season Is Here Soon!

It's Time To Schedule Your

Flu Shot Appointment

Wednesday, October 4th, 2023

At Harvest Years Senior Center
Camden, DE

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Meet Oscar Sebastian at 10 AM-12 Noon
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2023. If you are 50 years old or older, Oscar
can answer any questions you may have
about the *SNAP* Program or he can assist
you in filling out the required application.



If you are unable to stop in to see Oscar
please feel free to call him at 302 734-1200
Extension 174



National Depression Screening Day 2023

*If you are feeling sad, anxious, or over-
whelmed, take a free,
anonymous mental health
self-assessment.*

**Thursday, October 19, 2023
10 AM - 12 NOON**

**Harvest Years Senior Center
30 South Street, Camden, DE 19934**



**You Are All Invited To Join Us
For Lunch At
Harvest Years Senior Center**

COST:

Member - \$5.00 - Non-Member - \$7.00

Delicious Food, Nice People & Good Times.
Join us and Bring A Friend Too!!

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Desserts \$2.00 each

Just Entrees \$3.00 each

Starch/Vegetable \$2.00 each

**Sandwich entree price to be determined that
day. - Any Other Items -
See Tom or Marguerite**

Homemade Soups

\$3.00 Cup / \$4.00 Pint / \$5.00 Quart

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Is Opening October 10th
Call Daily To Order
The Soup of
the Day!**



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**Camden - Wyoming
Lions Club**

“Unselfish Service to the Community”

The Camden - Wyoming Lions Club
meets monthly at Harvest Years Senior Center
30 South Street, Camden, DE.

**Next Meeting
Monday, October 30, 2023**

Dinner: 6:30 PM - Meeting Follows

**Lions Club
Ready to Help, Worldwide**

*Whenever a Lions Club gets together problems get
smaller, and communities get better. That's because
we help where help is needed - in our own communi-
ties or around the world - with unmatched integrity
and energy.*

**AARP DRIVER'S SAFETY
REFRESHER COURSE**

**OCTOBER 30, 2023
9 AM - 1 PM**

**Call Harvest Years Senior Center to
Reserve your Seat - 302 698-4285**

Limit 15 People Only

**COST - \$20.00 AARP MEMBERS
\$25.00 NON-MEMBERS**

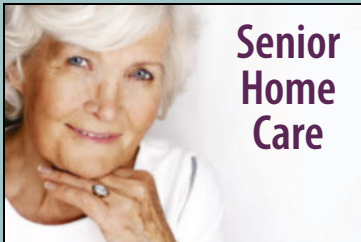
TRANSPORTATION SERVICES

The Harvest Years Senior Center offers transportation to
and from the center. Our pick-up times are between **9:30
AM to 10 AM** and the return time will start between **1 PM
to 2 PM**. Members can apply for transportation at our front
desk. Bus plan tickets may be purchased at our front desk.
You may purchase tickets ahead of time. **You must re-
serve your slot 24 to 48 hours ahead of time.**

Cost per trip is:

- \$.50 per Trip
- \$ 5.00 for 10 Trips
- \$ 10.00 for 20 Trips
- \$ 20.00 for 40 Trips





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October 2023
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